Good Things and Graces

GOOD THINGS
AND
GRACES

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Life gives us the key to
the larder,
We choose for our feasts
what we will.

BY

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Game Pie.

SEARCH for your game carefully until you find it; observe it well, and then leave it to the full enjoyment of life and its native haunts. You will soon have, in a green dish of rarest design and ornamentation, with cover of radiant blue, a filling of happy memories, seasoned with vigor and beauty.

Every time the pie is opened these memories will begin to sing.

Thanks for the magic by which we can eat some good things and keep them too.

Hash.

MIX equal parts of flattery and "a mush of concessions" together, and brown over a fire of self-interest.

This dish is often eaten with relish, but cannot be recommended as a wholesome one.

We are thankful that some things have so disagreeable an aftertaste that we are not apt to forget it.

Irish Stew.

FAITH, an' if ye'll take a plinty av wurruk; an' a hunk av elbow grace; an' a bit av a joke; or a little jiggin' an' a knock at the bones av an avenin' fer flavor, ye'll hev a combination that'll shtand by ye ivery day in the wake.

May th' saints kape us shtiddy, wid a civil tongue in our heads, an' a riddy answer on th' tip av that same, fer cheerin' av th' way.

A Roast à la Mode.

PLUCK off the feathers of vanity and pride, but do it gently, that you may not injure the self-respect, as usually a bird of this feather does not have an overabundance of that quality. Clean carefully, removing injured innocence and self-pity. Singe the pinfeathers of self-deception over a blaze of truth. Baste frequently with its own good temper and common sense, if any ooze out. Garnish with patience and appreciation, and place in position for serving.

From our own foolishness,
good Lord deliver us.

Breakfast Food.

ESPECIALLY good for children.

A good pinch of peaceful silence to begin with, then two well-disciplined parents to every well-disciplined child; a tableful of courtesy, good-nature and praise.

We are filled with praise for life's many awakenings.

Hygienic Bread.

MIX together the flour of love, made from the whole kernel (giving the *all*-inclusive flavor and quality); the leaven of spirit; the salt of common sense; the water of Life appreciated.

Let this rise in the encouraging atmosphere of patience. Knead and mold in the silence. Butter with cheerfulness, and serve to the entire family.

May our eyes be opened to see this day's spiritual food.

Johnny Cake.

HOLIDAY hours; balmy air and sunshine; clear-water-creek; clothes-on-the-bank; some-other-fellows; bully swimming; fun-on-the-way-home; big dinner and lots of pie; circus-in-the-back-yard; peanuts and lemonade; dandy noise; big supper; chum-in-the-evening; ghost stories; bed; scarey shadows ! ! ! ! Mothers-little-talk and kisses; ghosts-don't-dast-come-near-me-now — No-o-o-Sir-r-r-r; sleep-too-deep-for-dreams.

God bless the boys, old and young.

Brown Betty.

SHORT dress, stout shoes, girl inside; health, laughter, courage inside of girl; rowing; riding; climbing; housework; golf; tennis; generosity; purity; jollity; sun-kissed cheeks.

All served with abundance of outdoor air.

Bless us this day with the grace of wholesomeness.

Angel's Food.

A TRUE angel's food is a joyous consciousness of the Divine Omnipresence.

He who can daily partake of this food will grow from strength to strength, in a well-balanced, harmonious development, and beauty.

We rejoice that in the One Spirit all live and move and have their being.

Cup Cake.

THE "cup of cold water to one of these little ones"; a loving-cup of sympathy; a stirrup-cup of blessing; an overflowing cup of goodness and mercy; a communion cup of love.

Praise for this, which sweetens each repast—the heavenly privilege of sharing.

Gold Cake.

OPULENT thoughts; generous judgments; bounteous loving-kindness; a blessing on every outgoing and incoming coin.

Flavor with a rich imagination and stir through it a steady purpose.

We rejoice that we are this day centres of bounty, receiving and giving forth good.

Puffs.

A CUPFUL of praise, a half-cupful of smiles, bows and admiring glances. Stir with a silver spoon until the mixture becomes a shining froth and crystallizes into words. To make this well, the chef must have kissed the Blarney stone at least once, or he will not know when the compound tastes just right.

Let us praise for praise, but let us not try to subsist upon it.

Lady Fingers.

COMPOSED of equal parts of gracious kindnesses, dainty appearances, skilful achievements, soothing touches.

We rejoice in the charm of ladyhood added to the primitive splendor of womanhood.

Poppy-seed Cookies.

MIX thoughts of good-will and peace together; mold into circles of beauty, and sprinkle thickly with restful tones and words. These cookies are especially delicious if eaten just before retiring.

We praise that the downy wings of Rest so often brood over our eager lives.

Ginger Snaps.

THREE measures of the flour of energy; three-fourths measure of the butter of self-confidence; one measure of the molasses of politeness. Season with the ginger of never-give-up. Spice to taste with sense and humor. Make light with desire mixed in hope.

Stir all together. Roll out with the rolling-pin of difficulties held well in hand, and cut into cookies of convenient size for daily use.

If there is no fire of opportunity started, make one, and bake till the energy in them snaps.

Let us remember that to him that overcometh is promised all things.

German Tea Cake.

TAKE portions of the spirit of home comfort in the Fatherland - of - God, and the truth of protection-for-the-asking, and forgiveness and good-will to everybody. Make sweet with peacefulness, and spice with joy-in-everybody's-joy. This must be passed along from one to another; it is better served that way.

Praise be that we are one great family in true love, and that none need be left out.

Sunshine Pudding.

TAKE glowing faith in the Eternal Goodness; the light habit of cheerfulness; the golden flour of loving-kindness; the rich will to show forth health: in about equal parts. Stir through all the buoyancy of humor, and you will have a sunshine pudding that every one will want to share.

To prepare yourself to enjoy it to the best advantage, saturate your entire body often with sunbeams and breathe large quantities of sunlit air.

We give praise this day for the fine magnetic forces of physical and spiritual sunlight.

Poor Man's Pudding.

EQUAL parts of perseverance, and the best work you can obtain. Pour over this mixture an abundant supply of courage, and replenish it frequently if it shows a tendency to boil away. Sweeten well with joy-in-service.

Get up plenty of steam around this mixture, and keep the lid of your steamer on tight until all is done.

This pudding is so wholesome that it may form the daily food of the laboring man.

O Divine Worker, what joy hast Thou given us greater than the joy of work well done!

Mayonnaise for Blue Monday Salad.

CUT up some lively capers, add to them a sauce made of the milk of human kindness, thickened with peace oil and spiced to taste.

When using this mayonnaise, always serve some fresh peals of laughter with the salad. If you find it impossible to obtain the fresh peals, use some that you have sun-dried for emergencies.

We praise for the merry heart that "doeth good like a medicine."

Summer Salad.

DAISIES wet with dew; meadow grasses in motion; bob-o-link jingles, gurgles, and trills.

Cover with blue sky and garnish with sunrise cloudlets.

Let us not forget the royal splendor of the commonplace.

A Winter Salad.

TWIG tracery from trees spellbound in a living peace; snow wreaths; ice sparkles; evergreen boughs; mistletoe berries. All saturated with bracing air and streams of vitality.

We are grateful that abundant life lies waiting in the heart of winter, and that there is no condition where life is not.

Greens.

First Recipe.

FRESH pine needles; willow catkins; water birch just bursting into leaf; foliage of the tulip tree and sweet gum in early summer; linden boughs when "a million emeralds break from the ruby-budded lime."

Serve in the open air when steeped in sunshine and seasoned with Spring's delight.

May we absorb the restful vigor of the trees.

Greens.

Second Recipe.

MAIDENHAIR, Christmas and lady ferns, in masses; fringed with hypatica leaves and adder's tongue. All bathed in the dim green light of the woods, and sprinkled with bits of young sunbeams.

We recall with thanksgiving that innumerable impressions of beauty have been made upon our minds.

Greens.

Third Recipe.

BUDDING hopes; shoots of new ideas; sprigs of self-confidence; tendrils of sentiment; flowers of poetry.

This makes an excellent combination, and is an especially good diet for all persons over forty-five years of age.

If you do not find the necessary ingredients in your garden, cultivate them. You will never regret it.

Thanks for an evergreen soul.

To Make an Elixir of Youth.

A FULL measure of faith in the Goodness that is working through every experience; an extract of loving-kindness that is strong enough to be felt across the room, at least; a measure of growing enjoyment of nature, poetry and beauty, and keen interest in the present as well as in the future and the past; a controlled appetite and an active body; a measure of realization that we are in Eternity today, and that it is never too late for any good thing to happen; a cake of sense of humor warranted to rise on any occasion.

Thanks for this that "we are all the ages that ever we were," and the spirit of child and of youth need not die within us.

Blackberry Cordial.

FUST ting yo' does, go bury yo' 'flictions deep an' don't keep goin' back to put no flowers on de grabe, but while youse dar pick all yo' kin carry ob trus' in de good Lo'd an' take a full measure ob dat, an' anoder ob bressin' an' praise, an' anoder ob yo' own home-made lobin'-kindnesses, an' mix 'em well. An' while youse a usin' it des keep yer eyes offen de tings dat pears to be goin' wrong, kase de chile what's enjyin' co'dial ain't got no use fer 'em. An' keep fear from agettin' in, kase dat'l des hoodoo it into a bein' *bitters*.

Yo' kin gib dis roun' to de neighbors free, kase de mo' yo' takes de bettah yo' feels, an' its like de widder's oil bottle in de Good Book, de mo' yo' uses ob it de mo' dey is.

Bress de Lo'd I ain't got ter salt my vittles wid tears fom de mo'ner's bench no mo'.

Deviled Tongue.

LET any tongue you may select be boiled in hatred over a fire of jealousy and spiced with sarcasm; "confidential" criticism, falsehood, and flattery, and you will find that it is decidedly deviled.

If this is too highly spiced, soak a tongue for some time in the habit of fault-finding and irritability, and season with tales of disease and misfortune.

After these are done, if you do not like them you can undevil them by using ingredients that are the opposites in quality to those named, but this is a different task and will require patience.

Oil our tongues this day with the spirit of praise.

Sauce Piquante.

EQUAL parts of wit and repartee, stirred until they effervesce in mirth. Season with tact, and salt with goodwill.

This sauce may accompany every course at dinner.

Blessings for the things that bring out life's rich flavors.

How I Serve Invalid's Food.

STERILIZE the utensils and dishes employed thoroughly with faith, that the germs of fear may be destroyed. Surround the table, or tray, on which the food is served, with conversation which is filled with the flowers of cheerfulness and adorned with pictures of health and beauty. Season the food with helpful sympathy and patience, but never with pity, which is very weakening in its effect.

Add to every dish some stimulant which arouses wholesome interest in the life of the day.

Thanks for the friends who, with their splendid courage, redeem our negative days.

To Remove Stains from Character.

THIS usually requires perseverance, but remember that no such stains are indelible, and that a constant and plentiful application of the great solvent, Love, will cause any discoloration to disappear. Love for the Eternal Goodness and one's fellows will dissolve and wash away selfishness, which is the cause of all the sins known to man. A character treated in this way will not only emerge cleansed, but will gain a shining whiteness that is indescribably beautiful.

Let us rejoice that Eternity is so long that it is never too late to begin to really live.

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